



# Jalapeno Popper Chicken

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

## Ingredients

### Filling:

- 3 wedges Laughing Cow Light cheese
- 150 g FAGE nonfat Greek yogurt
- ¼ packet ranch seasoning
- 2 jalapeños, roasted in the air fryer, chopped, seeds removed
- ½ cup black beans
- ½ cup corn
- ¼ cup pico de gallo or salsa
- 1 lb chicken breast, cooked and shredded
- Season with paprika, garlic powder, salt, onion powder, oregano, and cayenne pepper
- Mix everything together until creamy and well combined.

### Adobo Sauce:

- 85 g FAGE plain nonfat Greek yogurt
- 56 g nonfat Cottage Cheese
- 30 g honey mustard
- 2–3 chipotle peppers in adobo
- 20 g pickle juice
- Smoked paprika, garlic powder, onion powder (to taste)

Blend until smooth.

## Directions

### Ways to Use It:

#### 1. Quesadilla

Spread 1 tbsp adobo sauce on a tortilla. Add jalapeño popper filling and mozzarella cheese. Top with another tortilla and cook until golden and melty.

#### 2. Sandwich

Spread adobo sauce on bread. Add jalapeño popper filling and melt with cheese (optional).

#### 3. Taquitos

Mix some shredded cheese into the jalapeño popper filling. Roll tightly in tortillas and air fry/bake until crispy. Serve with adobo sauce for dipping.

#### 4. Open-Face Sourdough Toast

Spread a layer of adobo sauce on toasted sourdough. Top with warm jalapeño popper filling. Skip the cheese if you prefer it lighter—still creamy and flavorful!

232 Calories | 28.5g Protein | 21g Carbs | 4g Fat (Chicken)

68 Calories | 6g Protein | 9g Carbs | 1g Fat (Sauce)



# Crockpot Buffalo & Ranch Chicken

SERVINGS: 5

PREPPING TIME: 1 MIN

COOKING TIME: 4-5 HRS

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## Ingredients

- 1.5 lbs chicken breast
- 1 Packet Ranch seasoning
- $\frac{1}{4}$  cup Frank's RedHot sauce
- $\frac{1}{2}$  cup Bolthouse Ranch dressing
- 3 oz reduced-fat cheddar cheese

## Directions

1. Place the chicken breasts in the crockpot.
2. Sprinkle with ranch seasoning.
3. Pour the Frank's RedHot sauce over the chicken.
4. Stir to coat evenly.
5. Cover and cook on low for 4-6 hours or high for 2-3 hours, until chicken is fully cooked and tender.
6. Once cooked, shred the chicken directly in the crockpot.
7. Stir in the cheddar cheese and Bolthouse Ranch dressing until melted and well combined.
8. Enjoy on its own, in wraps, over salads, or with roasted veggies.

266 Calories | 30g Protein | 11g Carbs | 10g Fat



# Beef Chili

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 30-45 MIN

## Ingredients

- 1.5 lb 90/10 lean ground beef
- 1 packet of chili seasoning
- 1-14.5 oz can of petite diced tomatoes with habaneros
- 1-14.5 oz can of petite diced tomatoes
- 1 cup bone broth or beef broth
- • 1 cup cooked black beans
- • 2-3 diced chipotle peppers

### Lower Calorie Optional Toppings

- Greek yogurt
- Light sour cream
- Reduced-fat cheddar cheese
- Quest protein chips
- Scallions (green onions)

## Directions

- 1.Heat a large non-stick skillet/pan on medium heat.
- 2.Add your ground beef and begin to brown. (pan needs to be semi high because we will be adding everything to it)
- 3.When the beef is 90% cooked, drain the extra fat and then season beef with 1 packet of chili seasoning and mix.
- 4.After the meat and seasoning are combined add the rest of the ingredients.
- 5.Bring your pan to a boil for about 2 minutes and then reduce heat to a simmer.
6. Let the chili cook for about 30-45 minutes

395 Calories | 34g Protein | 27.5g Carbs | 14g Fat



## Turkey Chili

SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

### Ingredients

- 1 packet McCormick chili seasoning
- 1 lb 93/7 lean ground turkey
- 1 (14.5 oz) can diced tomatoes
- 1 can black beans (or any beans of choice), drained and rinsed

#### Lower Calorie Optional Toppings

- Greek yogurt
- Light sour cream
- Reduced-fat cheddar cheese
- Quest protein chips
- Scallions (green onions)

### Directions

1. Follow directions on the back of the seasoning packet

311 Calories | 30g Protein | 26.5g Carbs | 10g Fat



# Buffalo Ranch Chicken Sliders

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

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## Ingredients

- 12 Hawaiian rolls (1 package)
- 10 oz cooked shredded chicken
- 1 cup cottage cheese, blended until smooth (80 calories per ½ cup)
- Ranch seasoning
- ¼–½ cup hot/buffalo sauce (depending on heat preference)
- 12 slices thin cheddar cheese
- 1 tbsp butter
- 2–3 cloves garlic, minced
- Fresh parsley, chopped

## Directions

1. Preheat oven to 350°F.
2. Without separating the rolls, slice the entire pack in half horizontally so you have a top layer and bottom layer.
3. In a bowl, mix together: Blended cottage cheese, Ranch seasoning and Hot sauce. Stir until smooth and well combined.
4. Add shredded chicken to the sauce and mix until the chicken is fully coated.
5. Place the bottom half of the rolls in a baking dish.
6. Spread the buffalo ranch chicken mixture evenly over the rolls (you might have some left over)
7. Lay cheese slices over the chicken.
8. Place the top half of the rolls back on.
9. In a small bowl or cup, melt the butter. Stir in minced garlic and chopped parsley.
10. Brush the mixture over the tops of the rolls.
11. Cover loosely with foil and bake for 10–15 minutes.
12. Remove foil and bake another 5–10 minutes, until the tops are golden and the cheese is melted.
13. Let cool slightly, slice into individual sliders, and serve warm.

*203 Calories | 15g Protein | 18g Carbs | 8.5g Fat (primal kitchen buffalo sauce)*

*192 Calories | 15g Protein | 18g Carbs | 7g Fat (Franks Red Hot Sauce)*